

ABSTRACT OF THE DISCLOSURE

Apparatus and method are described for controlling aspects of a users life to provide additional safety, efficiency, and comfort. A clock is described allowing a user to readily track the time spent according to a plurality of tasks, and switch between tasks with a single action. A tweezers is described which provides user feedback on the interposition of objects within the head and which can optionally be configured to provide automatic tweezing. A belt buckle is described which contains an expanding element for use with non-stretchy belt material, such as forms of leather. A necktie is described which increases user safety by including one or more tension release joints to allow the tie easily break apart and separate from the neck of the wearer in response to a sufficient tension force.